

Menu Report

Menu: Mother's Day

Total Days: 7
Total Foods: 6
Avg. Daily Cals: 100.00

Day	Meal	Food	Amt/Portion	Wt
Day 1				820.387
		133 Chicken a la King fit for a Queen	0.750 CUP	206.229
		83 Whole Wheat Biscuits	1.000 ITEM	45.903
		24 Mexican Style Corn	0.500 CUP	134.837
		106 Raw Vegetable Salad with Oil and Vinegar Dress	1.000 CUP	95.325
		135 Mom's Apple Honey Crisp	1.000 SERVING	94.092
Day 2		51 Reduced Fat Milk, 2%	8.000 FL OZ	244.000
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Mother's Day

Menu Nutrient Analysis

Company:

Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS

Days: 7

Foods: 6

Kcals / Day: 100

Feeding Figure: 100

Nutrient	Value	Goal	% Goal	Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	698.944	2000.000	35%	Zinc (mg)	3.335	11.000	30%
Protein (gm)	38.307	70.000	55%	Copper (mg)	0.374	0.900	42%
Carbohydrate (gm)	92.720	300.000	31%	Manganese (mg)	1.208	2.300	53%
Fat, total (gm)	21.614	65.000	33%	Selenium (mg)	0.037	0.055	67%
Alcohol (gm)				Fluoride (µg)	119.533	4.000	2988%
Cholesterol (mg)	68.473	300.000	23%	Chromium (mg)	0.035	30.000	0%
Saturated Fat (gm)	6.307	20.000	32%	Molybdenum (µg)	23.028	45.000	51%
Monounsaturated Fat (gm)	6.957	25.000	28%	Dietary Fiber, total (gm)	8.754	25.000	35%
Polysaturated Fat (gm)	6.783	20.000	34%	Soluble Fiber (gm)			
MFA 18:1, Oleic (gm)				Insoluble Fiber (gm)			
PFA 18:2, Linoleic (gm)				Crude Fiber (gm)			
PFA 18:3, Linolenic (gm)				Sugar, total (gm)			
PFA 20:5, EPA (gm)				Glucose (gm)			
PFA 22:6, DHA (gm)				Galactose (gm)			
Sodium (mg)	719.356	2400.000	30%	Fructose (gm)			
Potassium (mg)	1284.600	3500.000	37%	Sucrose (gm)			
Vitamin A (RE)	580.293	900.000	64%	Lactose (gm)			
Vitamin A (IU)	4439.372	4500.000	99%	Maltose (gm)			
Beta-Carotene (µg)				Tryptophan (mg)			
Vitamin C (mg)	37.215	90.000	41%	Theonine (mg)			
Calcium (mg)	527.851	1200.000	44%	Isoleucine (mg)			
Iron (mg)	4.510	8.000	56%	Leucine (mg)			
Vitamin D (µg)	3.411	15.000	23%	Lysine (mg)			
Vitamin D (IU)	136.426	600.000	23%	Methionine (mg)			
Vitamin E	2.841	15.000	19%	Cystine (mg)			
Vitamin E (IU)				Phenylalanine (mg)			
Alpha-Tocopherol (mg)				Tyrosine (mg)			
Thiamin (mg)	0.556	1.100	51%	Valine (mg)			
Riboflavin (mg)	0.854	1.100	78%	Arginine (mg)			
Niacin (mg)	12.495	14.000	89%	Histidine (mg)			
Pyridoxine/Vit B6 (mg)	0.725	1.500	48%	Alanine (mg)			
Folate (µg)	125.058	400.000	31%	Aspartic Acid (mg)			
Cobalamin/Vit B12 (µg)	1.332	2.400	55%	Glutamic Acid (mg)			
Biotin (µg)	8.847	30.000	29%	Glycine (mg)			
Pantothenic Acid (mg)	2.622	5.000	52%	Proline (mg)			
Vitamin K (µg)	34.163	90.000	38%	Serine (mg)			
Phosphorus (mg)	653.286	700.000	93%	Moisture (gm)			
Iodine (µg)		150.000		Ash (gm)			
Magnesium (mg)	127.543	420.000	30%	Caffeine (mg)			

Day 1

% of Kcals

Protein	21%
Carbohydrate	52%
Fat, total	27%
Alcohol	0%

Exchanges

Bread/Starch	3.0
Fruit	
Other Carbohydrate	2.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.0
Meat - Very Lean	3.0
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	2.5



Recipe Report - Chicken a la King fit for a Queen

Food ID: 133 Portion/Amount: 0.75 CUP Servings: 100.00 Kcals / Serving: 169 No. Ingredients: 10

Source: Custom

Preparation

Cooked
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Wt
Chicken a la King fit for a Queen	20622.852
1 CUP Margarine, Soft	225.600
1 qt 1/2 cup (1 lb 4 oz) all purpose flour	567.000
2 GALLON Low Sodium Chicken Broth, Canned	7680.000
1 gal reconstituted nonfat dry milk	3920.000
1 Tbsp poultry seasoning	4.500
1 Tbsp pepper	6.300
1/2 cup onion powder	50.400
2 1/2 gal (12 lb 12 oz) cooked chicken	5783.400
3 1/4 qt (4 lb 14 oz) drained canned green peas	2211.300
1 cup (7 1/2 oz) chopped pimientos	174.352

Instructions:

Melt margarine. Add flour and stir until smooth. Add broth, milk, poultry seasoning, pepper, and onion powder. Stir until well blended. Bring to a boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes. Add chicken, peas, and pimientos. Cook over medium heat for 3-5 minutes or until heated through. Pour into serving pans. Portion with 6-oz ladle (3/4 cup) over cooked rice, noodles, or biscuit.

 **Recipe Report - Whole Wheat Biscuits**

Food ID: 83 Portion/Amount: 1.00 ITEM Servings: 100.00 Kcals / Serving: 128 No. Ingredients: 6
Source: Custom
Preparation

None
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Wt
Whole Wheat Biscuits	4590.350
3.5 POUND All Purpose Wheat Flour, White, Bleached, Enriched	1587.600
1.5 POUND Whole Wheat Flour	680.400
5 OUNCE Baking Powder with Calcium Sulfate	141.750
2 TSP Table Salt	12.000
1 POUND Household Shortening with Soybean and Cottonseed Oil	453.600
1.75 QUART Nonfat, Skim or Fat Free Milk	1715.000

Instructions:
Instructions...Combine flours, baking powder, and salt in mixer bowl. Mix on low speed with flat beater until blended, about 10 seconds. Add shortening to flour mixture. Mix on low speed for one minute. Stop and scrape sides and bottom of bowl. Mix one minute longer. The mixture will be crumbly. Add milk. Mix on low speed to form a soft dough, about 30 seconds. Do not overmix. Dough should be as soft as can be handled. Knead lightly. Roll out on baking sheets and cut into 100 biscuits. Bake in 400 degree oven until golden brown, about 15 minutes.

 **Recipe Report - Mexican Style Corn**

Food ID: 24 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 87 No. Ingredients: 6
Source: Custom
Preparation

Cooked
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Wt
Mexican Style Corn	13483.680
1 qt (1 lb) frozen onions, chopped	385.560
1 qt (1 lb 4 oz) frozen green peppers, chopped	544.320
.25 CUP Margarine, Soft	56.400
1 cup (8 oz) pimientos, chopped	226.800
3 Tbsp chill powder	23.400
27 POUND Yellow Sweet Corn, Canned, No Salt Added	12247.200

Instructions:
Cook onions and green peppers in margarine until tender. Add water if necessary to prevent sticking. Add pimientos and chili powder. Heat corn to boiling. Boil gently 5 minutes. Drain. Stir onion mixture into hot drained corn. Mix well. Serving size: 1/2 c

 **Recipe Report - Raw Vegetable Salad with Oil and Vinegar Dressing**

Food ID: 106 Portion/Amount: 1.00 CUP Servings: 100.00 Kcals / Serving: 54 No. Ingredients: 10

Source: Custom

Preparation

Tossed

Preparation Time: 0

Cooking Time:

Cooking Temp: deg F

Ingredient	Wt
Raw Vegetable Salad with Oil and Vinegar Dressing	9532.506
2 1/2 gal (6 lb 8 oz) lettuce, 1" pieces	2948.400
1 gal (1 lb 1 oz) spinach leaves, torn in pieces	482.177
2 qt (2 lb) onions, thinly sliced	907.200
2 qt (1 lb 7 oz) green peppers, sliced	652.277
1 gal (5 lb) cucumbers, pared, diced	2268.000
2 qt (1 lb 15 oz) carrots, coarsely shredded	879.077
2 cups (14 1/2 oz) oil	411.075
4 CUP Distilled Vinegar	960.000
1 Tbsp salt	18.000
1 Tbsp paprika	6.300

Instructions:

Toss vegetables together lightly. Chill. Place oil, vinegar, and seasonings in a jar with a tight fitting lid. Shake to blend. Chill. Just before serving, shake dressing and pour over vegetables. Toss lightly. Serving size: 1 cup.



Recipe Report - Mom's Apple Honey Crisp

Food ID: 135 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 140 No. Ingredients: 12

Source: Custom

Preparation

Baked

Preparation Time: 0

Cooking Time: 0 hrs. 35 min.

Cooking Temp: 425 deg F

Ingredient	Wt
Mom's Apple Honey Crisp	9409.168
3 CUP All Purpose Wheat Flour, White, Bleached, Enriched	375.000
3 CUP Whole Wheat Flour	360.000
1 3/4 qt (1 lb 2 oz) rolled oats	510.300
1 qt (1 lb 14 oz) packed brown sugar	850.500
3 Tbsp cinnamon	20.700
3 Tbsp nutmeg	19.800
1 CUP Margarine, Soft	225.600
2 No. 10 cans (12 lb 8 oz) unsw sliced apples w/juice	5670.000
2 7/8 cups water	681.375
1 3/4 cups (1 lb 4 oz) honey	567.000
1 Tbsp cinnamon	6.900
1/2 cup reconstituted frozen lemon juice	121.992

Instructions:

For 100 servings: for topping: Combine flour, rolled oats, brown sugar, cinnamon, nutmeg, and margarine. Mix until crumbly. Set aside. For filling: Drain apples, reserving juice. Add enough water to the reserved juice to make 3 c liquid. Set aside. Place 3-1/2 qt apples into each of 2 steam table pans (12"x20"x2-1/2"). Sprinkle honey, cinnamon, and lemon juice over apples in each pan. Stir to combine. Pour 1-1/2 c liquid over apples in each pan. Sprinkle 2-1/2 qt topping evenly over apples in each pan. Bake in a conventional oven at 425 degrees F for 35-45 minutes. Cool. Cut each pan 5x10 (50 pieces per pan).